

# The IQuit with AHEC Programs

- **FREE** - No cost to participate in the IQuit with AHEC program
- **FREE** - Nicotine replacement patches, gum, and lozenges \*
- Group counseling sessions led by trained tobacco cessation specialists or AHEC facilitators
- Programs cover all forms of tobacco

\*while supplies last



IQuit with AHEC is the in-person arm of Tobacco Free Florida's 3 Free & Easy Ways to Quit.

## Help is FREE!!

For more information about AHEC or to register for classes, please call or visit our website.

Toll free

# 877.848.6696



*Serving all of Florida's 67 Counties.*

[www.ahectobacco.com](http://www.ahectobacco.com)

# If You're Ready to Quit Tobacco

# Help is

# FREE!!



# Learn to Live Without Tobacco.



## Help is FREE!

### Program Options

**Option 1:** A 2-hour session where participants learn how to develop a successful quit plan.

**Option 2:** Support groups meet once a week for 6 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse.

### Week 1: Tobacco: Friend or Foe?

- Preparing to quit
- Nicotine replacement therapy

### Week 2: Managing Addiction

- Why do you smoke?
- Reasons to quit
- Obstacles to quitting

### Week 3: Let's Quit Now!

- What to do instead of smoking
- How much \$\$\$ will you save?
- Coping with withdrawal symptoms

### Week 4: Develop A Plan for Life... Without Tobacco

- Nutrition and exercise
- Lifestyle review

### Week 5: Preventing Relapse

- Stress management techniques
- Avoiding triggers

### Week 6: Congratulations!

- Evaluation completion

### Nicotine Replacement:

FREE nicotine patches, lozenges and gum to help tobacco users cope with nicotine withdrawal symptoms (*while supplies last*).

### Group Counseling:

Is an effective and critical component of any quit attempt, and can double the success rate of quitting tobacco.



Sponsored by AHEC and the Florida Department of Health

Toll Free  
877.848.6696

[www.ahectobacco.com](http://www.ahectobacco.com)